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U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE



RELEASE FOR PUBLICATION
DECEMBER 6, 1933 (WEDNESDAY)

WASHINGTON, D. C.

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	:			
:	:			
:	Every meal -- Milk for children, bread for all.	:		
:	:	:		
:	Every day --	Two to four times a week --	:	
:	Cereal in porridge or pudding	:	Tomatoes for all	:
:	Potatoes	:	Dried beans and peas or peanuts	:
:	Tomatoes (or oranges) for children	:	Eggs (especially for children)	:
:	A green or yellow vegetable	:	Lean meat, fish, or poultry,	:
:	A fruit or additional vegetable	:	or cheese	:
:	Milk for all	:	:	:
:	:	:	:	:

BEANS--- AND WHY

Five million pounds of dried beans, just bought by the Federal Surplus Relief Corporation, are being distributed through State and local relief agencies to the families on their rolls.

This is another reminder of the vast importance of beans in the scheme of human existence, says the Bureau of Home Economics of the U. S. Department of Agriculture. Nutrition specialists have a great deal to say about the food value of beans. The very name "navy" beans tells a story about the importance of beans as food. Not to "know beans" about something is shocking because everybody does know beans so well. Beans of some sort grow in every part of the inhabited world and apparently always have.

Bostonians, therefore, have no priority as bean eaters. All the world eats beans-- and likes them. And for the best of reasons. The bean family is unique among the vegetables in food value. Beans can be used in countless ways. Dried beans, uncooked, can be kept indefinitely, they can be stored in small space, or carried easily by armies, or on ships, or on long expeditions.

And, for the stay-at-homes or anybody else, beans are always cheap. They furnish a lot of food value for the money.

The commonest kinds of dried beans in the United States are white pea-beans, which we call navy beans; Great Northern beans, grown chiefly in the Northern and Western States; and pinto beans, which are grown commonly in the Southwest and Mountain States. These are the kinds the Government is providing to reinforce the food supplies of families now on the relief rolls.

The one big point in the cooking of beans, as every housekeeper knows, is the time it takes to get beans "done." That is why, if you have a cold place to keep them, you can economize on time by cooking several days' supply of beans at once. But beans contain so much protein and so much fat that they may spoil after cooking if kept in a warm room overnight.

The cookery specialists of the Bureau of Home Economics list a great number of ways to serve dried beans. Boiled or baked, of course, or in soup. But also scalloped with other things, especially salt pork and onions, or with tomatoes. Or you can use them in a loaf, as stuffing for green peppers, in salad, in sandwiches. Then there is Hopping John, which is a combination of beans and rice with which you may like to serve tomato sauce and cheese. And chili con carne. For variety you may like to add thin slices of frankfurters to ordinary bean soup.

A good combination of beans and salt pork is made this way: Soak dried beans overnight, and boil them until tender. Dice salt pork and fry it crisp, slice an onion and brown in the fat, add the beans or peas with the liquor in which they are

cooked. If desired, add tomatoes. Heat all to boiling, pour into a shallow baking dish, and bake until the sauce thickens.

Beans are excellent in meatless meals because they contain more protein than any other vegetables and also contain fat, besides their starch, their minerals and vitamins. Except in soybeans, it is not the same "complete" protein you get in meat, but it is nearer to it than the protein from any other vegetable.

Those are food values of the dried beans-- the seeds of the plant. If you sprout those seeds-- and you can do it in your kitchen-- you develop a new food value, namely vitamin C. You also provide yourself with bean sprouts for a salad. This is one way to get green foods in winter time.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk	25 - 31 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	2½ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

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MENU FOR ONE DAY

Breakfast

Fried Potatoes (adults) - Cooked Cereal (children)
Bread and Butter
Tomato Juice for youngest child
Coffee (adults) - Milk (children)

Dinner

Hopping John
Stewed Tomatoes and Celery
Whole Wheat Bread and Butter
Cocoa

Supper

Cottage Cheese Salad with
Chopped Celery Tops
Buttered Toast
Stewed Apricots - Cookies
Tea (adults) - Milk (children)

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RECIPES

Baked Beans

2 cups dried beans
 $\frac{1}{4}$ pound salt pork
2 tablespoons chopped onion

1 tablespoon molasses
1 teaspoon mustard
Salt to taste

Soak the beans overnight in water to cover. In the morning add 2 cups more water, and cook until almost tender. Score the rind of the salt pork, put half the pork with the onion in the bottom of the bean pot, and add the beans. Mix the molasses and other seasonings with a little hot water, and pour over the beans. Add just enough more water to cover. Place the rest of the salt pork on top, cover the pot, and bake the beans very slowly for 6 or 7 hours. Add a little hot water from time to time to replace that which cooks away and is absorbed by the beans. Keep the lid on the bean pot until the last hour of cooking. Then uncover and allow the beans and pork on the top to brown.

Hopping John

1 cup dried beans
 $\frac{1}{2}$ cup diced salt pork
 $\frac{1}{4}$ cup chopped onion

1 cup cooked rice
Salt and pepper to taste

Soak the beans overnight in water to cover. In the morning add 2 cups more water, and cook until tender. Brown the salt pork and add to the beans. Brown the onion in the salt pork fat. Mix all the ingredients, and add salt and pepper to taste. Continue cooking for 10 minutes, and serve at once.

For variety, sprinkle grated cheese over the Hopping John and serve with catsup or tomato sauce. Or brown the uncooked rice in some of the salt pork fat and add it to the beans during the last 20 minutes they are cooking.

Scalloped Beans

2 cups dried beans
 $\frac{1}{4}$ pound salt pork, diced
2 medium-sized onions, chopped
4 tablespoons flour

2 cups water
Salt and pepper to taste
 $\frac{1}{2}$ cup bread crumbs

Soak the beans overnight in water to cover. In the morning add 2 cups more water and cook until tender. Brown the salt pork and add to the beans. Then brown the onions in the salt pork fat and add to the beans. Mix the remaining fat with the flour, stir in the water, and mix with the beans. Add salt and pepper to taste and put the mixture in a greased baking dish. Sprinkle the bread crumbs over the top. Bake in a moderately hot oven (350° to 400° F.) for 20 minutes. Serve from the baking dish.



U. S. DEPARTMENT OF AGRICULTURE
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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
DECEMBER 13, 1933 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	:			
:	Every meal -- Milk for children, bread for all.	:		
:	:	:		
:	Every day --	Two to four times a week --	:	
:	Cereal in porridge or pudding	:	Tomatoes for all	:
:	Potatoes	:	Dried beans and peas or peanuts	:
:	Tomatoes (or oranges) for children	:	Eggs (especially for children)	:
:	A green or yellow vegetable	:	Lean meat, fish or poultry, or	:
:	A fruit or additional vegetable	:	cheese	:
:	Milk for all	:	:	:
:	:	:	:	:

A CHRISTMAS GIFT-BASKET OF FOOD

Here is a Christmas suggestion. It comes from the Bureau of Home Economics of the U. S. Department of Agriculture, and it has to do with food.

Not for your Christmas dinner, however. The suggestion is intended to apply to the gift basket you may have in mind for somebody not so fortunate as yourself this Christmas time. Perhaps through your church, your school, or some other agency-- last year in Washington the policemen did it-- baskets of food will be distributed to needy families in your neighborhood. For your basket to be most useful, the contents should be well planned before the food is bought.

Don't give just "a basket of food," suggests the Bureau of Home Economics. Make it a basket of food with an idea in it. Make it a well-balanced food supply for the Christmas week-end, shall we say, and choose the foods so carefully that

you will know that the family getting the basket will get the most food value to be had for the money you spend.

There is distinctly a "how" to that sort of planning. Particularly for a needy family is it important to supply the right kinds of food, especially the kinds that such a family is not so likely to have. It is a safe guess those kinds are milk, vegetables, and fruits-- without which a diet is one-sided and therefore likely to bring ill health. But how much milk, how much and which of the vegetables and fruits will make the best meals for least money-- balanced meals, of course?

Begin your list, suggests the bureau, with 3 tall ($14\frac{1}{2}$ -ounce) cans of evaporated milk. That may not sound like a Christmas feast, but milk is very important and evaporated milk will keep. It is easy to carry in the basket, and each of those cans holds the food value of almost 1 quart of fresh whole milk. The children will need the milk, or if they have plenty of fresh milk, the evaporated milk can be used in cooking. Creamed potatoes, or creamed onions, or creamed carrots or creamed cabbage, to say nothing of cakes and puddings, are excellent when made with evaporated milk-- and very good for all the family.

Next, half a pound of Cheddar cheese. This is our plain American cheese, made from whole milk, and containing many of the food values of milk. It will add much to the Christmas dinner, either as plain cheese with apple pie, for instance, or as grated cheese on top of some oven-cooked vegetable; or in a cream sauce for potatoes or onions, or on toast for supper.

Then the vegetables. First of all potatoes, because of their energy values, and their protective values, too-- which is to say, their starch, their minerals and vitamins. Three pounds of white or sweet potatoes, whichever kind is cheapest in your community. Then a head of green cabbage-- the greener the better, for the green leaves have the best vitamin and mineral values. Two pounds of carrots, 2 pounds of onions, a No. $2\frac{1}{2}$ can of tomatoes-- here you have more vitamins, good flavors, and many possibilities for attractive dishes.

Of fruits put down 2 pounds of apples and half a dozen oranges-- one orange for each member of the family, with one over to make extra juice and therefore extra vitamin C for the baby. A pound of raisins-- for their iron and their vitamins, and also because they make puddings and cakes taste better and look more festive.

Then peanuts. They may not seem important, but peanuts are members of the same family that includes beans and peas-- which means they have several kinds of food value in their small kernels. They are good in salads and in cookies, and ground peanuts are good with vegetables, especially scalloped with onions. And of course they might be used by the youngsters to make into peanut brittle for Christmas.

And now for the ever important meat-- which was not mentioned before because nobody would forget the Christmas meat. For a family of five, you could provide at very reasonable cost nowadays a loin roast of pork, a pot roast of beef, or a small leg of lamb. In some localities chicken or duck or even turkey may be cheap enough to come within the cost limits you have set.

With the children especially in mind, put in the basket half a dozen eggs-- a child should have several eggs a week at least, and your half-dozen will help toward that. Or one or two of the eggs can go into a Christmas cake.

So far we have building foods and protective foods, with some energy values. But there must be more energy foods, of course-- especially bread and cereals. A package of whole wheat cereal, say, and two loaves of bread. Then a pound of butter. Put down on your list also 2 pounds of sugar, then a pound of coffee, or a quarter of a pound of tea-- depending on which the family enjoys most. And tuck in a few sprigs of parsley if you can.

Last of all, 2 cakes of soap.

Your completed list will look like this:

3 tall cans evaporated milk	$\frac{1}{2}$ pound peanuts
$\frac{1}{2}$ pound cheddar (American) cheese	$\frac{1}{2}$ dozen eggs
3 pounds potatoes	Roast loin of pork (4 or 5 lbs.), or
1 head green cabbage	a leg of lamb (4 lbs.), or pot roast
2 pounds carrots	of beef (3 to 4 lbs. of chuck) or a
2 pounds onions	chicken
1 No. 2 $\frac{1}{2}$ can tomatoes	2 pounds sugar
2 pounds apples	2 loaves bread
$\frac{1}{2}$ dozen oranges	Package of whole wheat cereal
1 pound raisins	1 pound coffee or $\frac{1}{4}$ pound tea
1 pound butter	2 cakes soap

Different housekeepers would make different meals from that basket of food-- some would use it one way, some another. Here are some recipes that might be used for some of the week-end meals:

Roast Loin of Pork with Sweetpotatoes and Apples

Have the butcher crack the bones of a pork loin roast so that it can be carved in slices between the ribs. Wipe the meat with a damp cloth. Sprinkle with salt and pepper and rub with flour. Lay the loin, ribs down and fat side up, on a rack in an open roasting pan. Sear the meat for 30 minutes, or until lightly browned, in a hot oven (480° F.), then reduce the temperature rapidly to a very moderate heat (300° to 325° F.), and cook until the meat is tender. A loin weighing from 4 to 5 pounds will probably require from two to two and one-half hours when these oven temperatures are used.

If using an oven that cannot be reduced easily from hot to moderate temperature, omit the searing and cook the entire time at a moderate temperature (about 350° F.)

Peel five or six medium sized sweetpotatoes, and after the roast has cooked for about 1 hour, lay them around it in the roasting pan, to cook with the meat. If your roaster is not large enough to hold the apples, too, bake the apples in a separate pan. Serve on a big platter, an apple and a sweetpotato alternately, around the roast.

Pot Roast of Beef with Vegetables

Cuts of beef suitable for pot roasting are chuck ribs, cross arm, clod, round, and rump. Select a piece from 3 to 4 pounds in weight. Wipe with a damp cloth. Rub the meat with salt, pepper, and flour. Brown the meat on all sides in a heavy kettle, using about 3 tablespoons of beef fat. Slip a low rack under the meat, add one-half cup of water, cover tightly, and simmer until tender, probably about 3 hours. Turn the roast occasionally. Any of the following vegetables may be cooked in the pot with the roast: Carrots, celery, onions, potatoes, tomatoes, and turnips. Add the vegetables during the last hour of cooking the meat if they are to be served whole or in quarters. Serve on platter with the meat. Make gravy of the liquid in the pot.

Raw Vegetable Salad

Shredded cabbage, chopped carrots, chopped onion and chopped peanuts. Serve on a cabbage leaf with any salad dressing.

Raisin Cup Cakes

1/4 cup butter or other fat	1-1/2 cups sifted soft wheat flour
1/2 cup sugar	1/2 cup raisins
1 egg	2 teaspoons baking powder
1/2 cup milk	1/8 teaspoon salt
	1/2 teaspoon vanilla

Cream the fat and sugar and add the well-beaten egg. Roll the raisins in 2 tablespoons of the flour. Sift the other dry ingredients and add alternately with the milk to the first mixture. Stir in the raisins and vanilla. Bake in greased muffin tins for 15 to 20 minutes at a temperature of about 375° F. Serve while still warm.



U. S. DEPARTMENT OF AGRICULTURE
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PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
DECEMBER 20, 1933 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U.S. Department of Agriculture.

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

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:	Every day --	Two to four times a week-
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:	Potatoes	: Dried beans and peas or peanuts
:	Tomatoes (or oranges) for children	: Eggs (especially for children)
:	A green or yellow vegetable	: Lean meat, fish, or poultry or
:	A fruit or additional vegetable	: cheese
:	Milk for all	:
:	:	:

HOME-MADE CHRISTMAS CAKES AND CANDIES AT LOW COST

For the Christmas fruit cake, if you want a very cheap one, make an apple-sauce cake, says the Bureau of Home Economics of the U.S. Department of Agriculture. It is mixed with smooth, unsweetened applesauce instead of milk, and chopped raisins are the only other fruit. But the cake has a rich color and fine fruity taste, and it is cheap because the only other ingredients are a cup of sugar, half a cup of butter, or margarin or some other fat, $2\frac{1}{2}$ cups of flour, a little salt, and some spices. The cake comes out of the oven a dark moist loaf that looks rather like a fruit cake and if you've never tried it you will be surprised to find how good it looks and tastes.

Another eggless cake recipe, good for Christmas time, is called crumb cakes,

or eggless muffin cakes. These are made with butter (or other fat), brown sugar, flour, clabbered milk, soda and salt, to which you add chopped nuts. The recipe below makes 20 small cakes.

Other Christmas cakes might be sand tarts--or oatmeal drop cookies--or chocolate drop cookies.

Very suitable, also, for the Christmas table, or for a gift, is jellied grapefruit peel--the by-product of the grapefruit cup or the grapefruit salad to which you are possibly treating the family at this time of year when grapefruit is cheapest. The thick-rind grapefruit is best for this, and you will need a little patience, for the rind, after being cut into strips, must be parboiled 3 times, half an hour at a time, and then cooked in sirup for an hour or an hour and a half more. This is a good job to do while you are ironing, or sewing, or at work on something not so absorbing as to make you forget what is on the stove.

For home-made Christmas candies, molasses taffy, butterscotch and peanut brittle are as cheap as any and very good, you will agree. But there are some delicious caramels that do not cost much more. (See recipe). And then, for something a little different and at the same time inexpensive, there are Parisian sweets--made of dried figs, dried apricots, or seedless raisins, and nuts--ground or chopped together, rolled into balls and dipped in confectioner's sugar. Or they can be rolled out flat, in a layer half an inch thick, and cut in small squares or rectangles.

RECIPES

Apple-sauce Cake

1/2 cup butter or other fat	2-1/2 cups sifted flour
1 cup sugar	1/2 teaspoon cloves
1 cup unsweetened, thick, smooth apple sauce	1/2 teaspoon cinnamon
1 teaspoon soda	1/4 teaspoon nutmeg
1 cup chopped raisins	1/2 teaspoon salt

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Cream the fat and sugar together, add the apple sauce. Mix the raisins with one-half cup of the flour, sift the rest with the spices, soda, and salt, and add the dry ingredients to the liquid mixture. Beat well, pour into a greased pan, and bake in a very moderate oven (300° to 325° F.) for about 1 hour.

Eggless Muffin Cakes

1/2 cup butter or other fat	1 cup clabbered milk
1-1/2 cups brown sugar	1/2 teaspoon soda
2-1/2 cups sifted soft wheat flour	2 tablespoons chopped nuts
1/2 teaspoon salt	

Cream the fat then mix in thoroughly the brown sugar, flour and salt. Set aside about 1/4 cup of this and mix it with the nuts. Stir the soda and milk in the rest of the fat and sugar mixture, and pour into greased muffin pans. Cover the top of the cakes with the nut mixture. Bake in a moderate oven for about 25 to 30 minutes or until lightly browned. Yields about 20 muffin cakes.

Oatmeal Drop Cookies

1/2 cup fat	1/2 teaspoon soda
1 cup sugar	1/2 cup milk
1 egg	1-1/2 cups fine oatmeal
1-1/2 cups sifted flour	1/2 cup chopped nuts
1/2 teaspoon salt	1 cup seedless raisins
2 teaspoons cinnamon	

Cream the fat and sugar, and add the beaten egg. Sift together the dry ingredients, except the oatmeal, and add with the milk to the first mixture. Add the oatmeal, nuts, and raisins. Mix well. Drop by spoonfuls onto a greased baking sheet and bake to a golden brown in a moderately hot oven (375° to 400° F.). Remove from the pan while hot.

Sand Tarts

1/2 cup butter	1/4 teaspoon salt
3/4 cup light brown sugar	1 teaspoon cinnamon
1 egg	3 tablespoons granulated sugar
2 cups sifted flour	Halved almonds or pecans
2 teaspoons baking powder	

Cream together the butter and brown sugar, and add the well-beaten egg. Sift together the flour, baking powder, and salt, and add to the first mixture. On a lightly floured board make a roll of the dough about 3 inches in diameter. Wrap in waxed paper and let stand for several hours or overnight in a cold place. In the morning slice wafer thin with a sharp knife, and sprinkle with a mixture of the cinnamon and granulated sugar. Press a nut in the center of each cookie. Bake in a moderate oven (350° F.) for about 10 minutes, or until lightly browned. Store in air-tight containers.

Caramels

2 cups sugar	4 tablespoons butter
1 cup corn sirup	1/2 teaspoon salt
3 cups milk, or 2 cups milk and 1/2 cup evaporated milk	1 teaspoon vanilla

Dissolve the sugar and corn sirup in 1 cup of milk and cook to the soft-ball stage, or until a thermometer registers 241° F., stirring frequently. Repeat with a second cup of milk. Add the final cup of milk or 1/2 cup evaporated milk, butter, and salt, and cook to firm-ball stage, or 244° F. Add the vanilla and pour into an oiled pan. When partially cooled, mark into squares. For chocolate caramels, add 4 squares of chipped chocolate at first.

Jellied Grapefruit Peel

10 ounces of fruit peel	1-1/3 cups water for sirup
2 cups (14 ounces) granulated sugar	1/2 teaspoon salt

Select fruit with thick, smooth, light-colored skin free from russet and blemish. Strip the peel from the fruit in quarter sections, including all of the white part possible. Cut the peel into strips one-fourth to one-half inch wide. Do not trim off either outer rind or white pith; use the entire peel.

Parboil the peel three times. Add 2 quarts of cold water each time, bring to the boil, cook for one-half hour, and discard the water after each cooking. Add more water if it boils away rapidly. The strips should then be tender and must be handled gently to prevent breaking.

Bring the sugar, water, and salt to the boiling point in a saucepan about 8 inches in diameter. Add the strips of peel so that they lie parallel to each other, to prevent their being broken when turned. Cook rapidly for about 40 minutes, then reduce the heat, and continue to boil gently for about 30 to 40 minutes longer. Have the heat very moderate during the last of the cooking so that the sirup does not scorch, and turn the strips of peel frequently with a fork.

When all the sirup is absorbed, place the strips, skin side down, on waxed paper. When cool roll in granulated sugar until there is a thin coating of distinct crystals. Let the peel dry out for a few hours before serving, or overnight if it is to be stored. Wrap in waxed paper and store in tight tin or glass containers. If properly stored in a moderately cool place, it should keep in good condition for 2 or 3 weeks.

Butter Scotch

2 cups brown sugar	1/3 cup butter
1 cup corn sirup	1/4 teaspoon salt
1 cup boiling water	1/4 teaspoon vanilla

Boil the sugar, corn sirup, and water to the firm-ball stage, or until a thermometer registers 245° F. Add the butter, salt, and vanilla and cook to the soft crack stage, or 275° F. Pour into an oiled pan making about a 1/4-inch layer. When partially cool, mark into squares.

Nut Brittle

2 cups granulated sugar	1 teaspoon vanilla
1/4 teaspoon salt	2 cups nuts
1/4 teaspoon soda	

Heat the sugar gradually in a clean smooth frying pan. Stir constantly with the bowl of the spoon until a golden sirup is formed. Remove from the fire and stir in quickly the salt, soda, and vanilla. Pour the sirup over a layer of nuts in a greased pan. When cold, crack into small pieces.



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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
DECEMBER 27, 1933 (WEDNESDAY)

THE MARKET BASKET
by
the Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal --	Milk for children, bread for all
Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry
A fruit or additional vegetable	or cheese
Milk for all	

MAKING THE MOST OF A FEW EGGS

This is not the season when eggs are cheapest, but there is no season when eggs are not important, especially if the family supplies are low in other foods. It is most fortunate, then, that the Government is about to provide, at this very time of year, a vast quantity of eggs for the people who have not the means for getting food for themselves.

Can you imagine what 15 million dozen eggs would look like? By the end of January that many will have been distributed free to the needy people of this broad land-- 500,000 cases, thirty dozen to the case-- purchased by the Government in the egg centers of the different States and distributed to families on the relief rolls everywhere in the country.

The general public, of course, will not receive any of the relief supply of

eggs. But the Government's purchase serves to emphasize the importance of this particular food in any low-cost diet. It is good news especially for the children in the families to whom the eggs will be distributed, for next to milk, eggs are the best all-round food for children.

Even the family with the smallest food budget should try to get a few eggs every week for the children, says the Bureau of Home Economics of the U. S. Department of Agriculture. The bureau suggesting a low-cost weekly market list for a family of five, slips in 2 eggs apiece for 3 children, and 2 more for father and mother, as a minimum. A very limited supply, this-- so limited that it may be well to see how much can be done with the fewest number of eggs in a week.

The point is, of course, to make the most of the food value of the eggs, and at the same time get the full benefit of their fine cooking qualities. Probably they are storage eggs, because new-laid eggs cost more. But storage doesn't affect the food value, so our problem is to make the most attractive dishes with our limited egg supply-- which comes down to five eggs after we have taken out the baby's share. He gets three, one for every other day or so.

Five eggs, then, for two adults and two children. One egg may very well go into spoon corn bread for one day in the week. Or into oatmeal muffins, or graham, or plain wheat muffins. With another we can make French toast for breakfast one day, or corn fritters or French toasted sandwiches or rice croquettes for supper. One egg is enough to make cottage pudding, or a pumpkin or squash pie, or gingerbread, or chocolate drop cookies, or peanut butter cup cakes, or, instead of cottage pudding, a plain one-egg cake to be served hot.

With three eggs left we can make an omelet with a little chipped beef, or crisped salt pork, or bacon, or ham. Or we can make a spinach souffle or a rice omelet. That will use all three eggs at once. Or 3 eggs, hard-cooked, sliced and creamed with plenty of cream sauce, could be made enough for a meal for four.

Spacing out the three eggs, we might make an inexpensive cooked salad dressing with one egg, or mayonnaise dressing with one of the yolks. That leaves the white for icing some cup cakes. With the other two eggs we could make a bread pudding, or a cream pie.

Nutritionists recommend eggs for children as a supplement to milk-- but not as a substitute, because neither the white nor the yolk of the egg contains much calcium. For that, milk is the richest source. The calcium of the egg is nearly all in the shell. But eggs are valuable for the same food substances that we find in lean meat-- namely proteins, minerals, and vitamin G. They are valuable also for vitamins A and D, which are not abundant in meat though they are abundant in oily fish. Eggs are, in fact, one of the few good food sources of vitamin D, which must be present, with calcium, and phosphorus, in order to keep the children's bones in healthy growing condition and to prevent rickets.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children.

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk	25 - 31 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc. .	2½ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

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MENU FOR ONE DAY

Breakfast

Mush and Milk - Toast
Tomato Juice for youngest child
Coffee (adults) - Milk (children)

Dinner

Shoulder Pork Chops
Mashed Potatoes and Gravy
Panned Kale - Bread and Butter
Milk for children

Supper

Corn Fritters
Rye Bread and Butter
Stewed Apples
Cocca

RECIPES

Corn Fritters

1-3/4 cups sifted soft-wheat flour
2 teaspoons baking powder
3/4 teaspoon salt
1 cup liquid, either juice from canned
corn or milk, or the two mixed

1 egg
1 cup drained canned corn
1 tablespoon melted fat

Mix the flour, baking powder, and salt. Mix the juice from the canned corn, or milk, or whatever liquid is used, the egg after it has been beaten slightly, and the canned corn. Stir this liquid mixture gradually into the dry ingredients. Add the melted fat. If the corn is very moist, even after the liquid has been drained from it, more flour may be needed. Dried corn which has been soaked and cooked until tender may also be used.

Fry the corn fritters in deep fat or, if preferred, in a skillet in shallow fat. In either case drop the mixture by spoonfuls into the fat and fry rather slowly. The fritters need time to cook through to the center before the outside becomes too brown. Drain the fritters on absorbent paper and serve hot.

French-toasted Sandwiches

Make a plain bread and cheese sandwich, dip it in a mixture of egg and milk (1 egg to a cup of milk), and brown it slowly on both sides in fat. Serve piping hot, on a hot plate.

Any sandwich filling may be used instead of cheese -- chopped meat, or mixtures made from left-over vegetables or meats.

Peanut Butter Cup Cakes

2 tablespoons butter or other fat
2 tablespoons peanut butter
1/2 cup sugar
1 egg

1-1/2 cups sifted flour
1/4 teaspoon salt
2-1/2 teaspoons baking powder
1/2 cup milk

Cream the butter or other fat and peanut butter, add sugar gradually, and egg well beaten. Mix and sift flour, salt, and baking powder, and add alternately with milk to first mixture. Bake in greased muffin pans about 25 minutes in a moderate oven.

